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## Charest still undecided on election

**POLITICS** Quebec Premier Jean Charest said yesterday he had not decided whether to trigger an election soon. Media reports earlier in the day had said that the Liberal premier would call an election for Dec 8. There has been speculation for weeks that Charest would dissolve the provincial legislature to take advantage of the Liberals' healthy lead in the polls. "No decisions have yet been taken on whether to have an election or not," Charest told a televised news conference in Mirabel, Que. Charest also said he was pulling out of a planned trip to China from Nov. 2 to 7 because "what I heard at the end of (last) week leads me to want to stay close to home, especially since on the economy, we'll have some updating to do."

REUTERS

## Ottawa pg 2



## 25 years of Transitway

## Your Money pg 8

## Rein in your holiday buys

## ShareYourViews

ottawaleaders@metronews.ca

## NHL Sens slam Sabres



Ottawa Senators left winger Antoine Vermette, left, finishes an open ice check on Buffalo Sabres left winger Thomas Vanek during third-period NHL action in Buffalo last night. The Sens won 5-2 to snap a five-game losing streak. **Story, page 10**

# Cops Net crime hubs

## New tool shows police hotspots at a click

TIM WIECLAWSKI  
tim.wieclawski@metronews.ca

## First in Canada

Although several American cities have similar websites, Ottawa is the first large Canadian urban centre to adopt the system. The site can be accessed at: <http://www.crimereports.com/map?search=Ottawa&Ontario>

**From traffic complaints to homicides, Ottawans can now go online to track potential crime hotspots in their area.**

Yesterday, the Ottawa Police Service launched a new Google-based crime-mapping tool that pinpoints calls for service throughout the city.

"We're hoping residents and citizens will be better informed about what is happening in their community and hopefully more engaged in terms of working with the police," said Randy Mar, the director of corporate planning.

Previously, city police depended on weekly reports listing five types of crime,

with no map to plot their frequency by district. Mar said it took an officer all day to scan occurrences and manually input the information.

The new online mapping will cost the city \$200 per month, plus \$30,000 to create an application to organize the data so daily updates can be automatically uploaded from police's computer aided dispatch system.

Calls for service will be grouped into categories



A screenshot of the crime-mapping website launched by Ottawa Police.

that users can search in time frames ranging from one day, up to six months, and can be plotted graphically on a map.

Police Chief Vern White advises residents to keep in mind the nature of the areas they are scanning. For example, high traffic areas, like the Rideau Centre, will have a large number of

calls for shoplifting, and when displayed online that could lead to assumptions that it's a dangerous area, when it's not.

Service calls do not necessarily mean that a criminal incident occurred at that location, Mar said.

One of the next steps in the development of the site is to make ward profiles with actual crime statistics available on a semi-annual basis.

Incidents where there is a possibility of recrimination will not be displayed. For example, information on sex offenders will not be displayed, as the National Sex Offender Registry is not made public.



Find a link to the new police website at [metronews.ca/local](http://metronews.ca/local)

## Chatty drivers focus of cell ban

Using hand-held electronic gadgets while driving will be against the law in Ontario under legislation to be introduced today.

Drivers caught e-mailing, texting or yapping on hand-held devices from cellphones and Blackberries to global positioning systems would face fines and receive demerit points, a government source told Torstar News Service.

However, drivers using cell-phones with earpieces or Bluetooth devices to carry on conversations or dashboard-mounted GPS units will have nothing to fear under the bill developed over the last six months by Transportation Minister Jim Bradley.

Bradley would not comment in detail on the law aimed at stemming the tide of distracted drivers, but said the government did "extensive consultations" and looked at experience in other jurisdictions that have bans in place.

"Stay tuned," he told reporters. The Progressive Conservatives expressed concern that enforcing the ban could prove difficult, even though the party's own Durham MPP John O'Toole has proposed bans in several private members' bills over the last few years.

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The National Capital Commission has closed the Gatineau Park Parkway network to cars for the season. The network includes the Gatineau, Champlain and Fortune sections. The NCC closes the parkway network each year because it doesn't salt or plow the roads there. **NATIONAL CAPITAL COMMISSION**

**Gatineau Park Parkway network shut down for the winter**

# Ottawa



## Financial aid groups meet

With the turmoil in world markets creating a global credit crunch, staff and directors of organizations who work with vulnerable people will gather at the RA Centre today for Ottawa's first ever Financial Literacy Summit. "For our clients, this financial crisis isn't new to them. They are in crisis much of the time," said George Brown, president of the Ottawa Community Loan Fund.

METRO NEWS SERVICES

## City Transitway turns 25...

TRACEY TONG  
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Officials gathered at Lincoln Fields station yesterday to mark the 25th anniversary of Ottawa's Transitway, rolling out a decorated anniversary bus and planting a tree to mark the occasion.

The Transitway — which has 34 kilometres of bus-only roadways, 38 stations and 11 Park-and-Ride lots — "connects individuals to our community," said Mayor Larry O'Brien. This week, the city will celebrate 1.5 billion riders over the past 25 years.

"This week's celebrations are a perfect opportunity to reflect on how far we have come, and look forward to a bright future for our new rapid transit system," O'Brien said.

In several weeks, council will be deciding which parts of the light rail transit system will be built first and after that, apply for government funding.

About half of people



City transit committee chairman Alex Cullen, Mayor Larry O'Brien, Ottawa West-Nepean MPP Jim Watson and director of transit services Alain Mercier, from left to right, are pictured in front of a 25th anniversary bus during a celebration for the Transitway at Lincoln Fields Station yesterday.

**"Individuals ... are saving dozens of hours not stuck in traffic."**

Jim Watson

working downtown arrive via public transit, said Alex

Cullen, chairman of the transit committee. He added that every bus replaces 40 cars on the road. "Individuals using the Transitway in Ottawa are saving dozens of hours not stuck in traffic," said Ottawa West-Nepean MPP Jim Watson. "Those are

dozens of hours that can be spent with loved ones instead."

Celebrations continue all week, with hybrid bus demonstrations today, 25-cent fares tomorrow and the announcement of the Transitway Memories Contest winner on Friday.

TIM WIECLAWSKI/METRO OTTAWA

## Ottawa riding rail to its transit future

TRACEY TONG  
and TIM WIECLAWSKI

With a growing population, shrinking downtown space and rising gas prices, Ottawa's transit system will continue to grow and light rail is the way to go, officials said yesterday.

"You're going to see light rail zipping along the Transitway," said Alex Cullen, chairman of the city's transit committee.

"It's going to be modern, fast and efficient," he said, adding that the Transitway was built to be convertible to light rail.

"I think it's going to be LRT-based, but the most important part of it is that a subway will be going through the core of the city," said Mayor Larry O'Brien. "That will ease the traffic going through downtown."

Dr. Abd El Halim, chairman of Carleton University's Civil and Environmental Engineering Department, said while the initial cost of building trains is expensive, the relatively low operating cost makes rail transit compulsory.

El Halim said he would like to see light rail starting from the suburbs — Kanata, Orleans, and Manotick — that connect to stations on the outskirts of the city and run buses through the core.

"When you converge into downtown you should not bring a train there. It has a lot of expensive infrastructure and you'll have to dig underground."

Cullen believes that increased transit will also preserve the "urban character" of Ottawa. "It allows us to move people without building more roads," he said.

### News in brief

**RECOUNT** A close race to fill a city council seat in the Gatineau district of l'Orée-du-Parc has sparked a recount. Claude Millette defeated Order of Gatineau recipient Mireille Apollon by just 13 votes in Sunday's byelection. Millette campaigned on improving snow removal and taking action on a group of vacant condos on rue de l'Avron. The vote came after long-standing councillor Louise Poirier announced her sudden resignation in June.

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What's online today.

**Read** Allan Small on what to expect as U.S. bailout money enters the market at metronews.ca/live  
**Play** online Sudoku!

### Lotteries

Ontario Pick 3 5 8 7; Ontario Pick 4 3 8 0 6;  
Encore 2024906; Daily Keno 1, 5, 12, 13, 14, 16, 17, 19, 20, 21, 32, 35, 36, 43, 44, 46, 48, 55, 58, 61 These results are not official.



### ...but system is still running 15 years behind, former adviser says

Despite more than 100 million passengers on OC Transpo this year, an adviser who helped plan the Transitway more than 25 years ago says the system has not been the success it's painted to be.

"They should have had this level of ridership 15 years ago," said Dr. Barry Wellar, a retired University of Ottawa professor who was a citizen's

adviser on rapid transit in the late '70s.

"They are running about 15 years behind time, and the only reason they've got this level of ridership is that the price of gasoline went up."

The primary flaw, he suggests, is that land along the system should have been zoned for high-density use.

For example, Wellar points

to the Transitway on the Western Parkway: "There's no passengers and you cannot re-zone it to put on high density development, you can't re-zone for commercial purposes, and they run the thing down there with nobody getting on, nobody getting off."

Wellar said he's not optimistic that things will improve. "There should be high density

land use in the vicinity of public transit ... But they've got low-density sprawl in Kanata, Barrhaven and Orleans."

Wellar also said personal vehicle traffic on Albert and Slater streets should have been totally restricted during peak hours and buses should have been equipped with the ability to change traffic lights.

TIM WIECLAWSKI/METRO OTTAWA



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**City providing free water-efficiency kits**

Free indoor water-efficiency kits are now available through the city's 2008 WaterWise campaign. The kits include a water-efficiency showerhead, a low-flow bathroom aerator and a toilet tank bank to reduce the volume of water per flush. Kits are limited to two per address and are available at one of the city's seven Client Service Centres. **CITY OF OTTAWA**

## Bomb scare at clinic closes intersection

**SUSPICION** A suitcase left near a downtown abortion clinic yesterday prompted a bomb scare that saw police close down an intersection and evacuate several buildings yesterday.

Police reopened Bank Street between Wellington and Queen streets at about 2:30 p.m. after determining that a large black suitcase left near a bus shelter on the east side of Bank Street – two doors down from the Clinic of Dr. Henry Morgentaler – posed no threat.

The area was cordoned off for safety reasons, and

area office buildings and businesses were evacuated. Many office workers gathered outside the police tape and watched as tactical officers examined the suitcase.

According to police spokesperson Alain Boucher, the suitcase turned out to contain "nothing dangerous." Police say there is no evidence to suggest that it had anything to do with the clinic.

Anti-abortion protesters often march and wave placards outside the clinic.

METRO OTTAWA



An Ottawa police tactical officer carries away a black suitcase that had been left near a downtown abortion clinic yesterday.

## Films a window to the world

TRACEY TONG  
tracey.tong@metronews.ca

**Although not everyone can relate to searching for their families in Afghanistan, Najeeb Mirza isn't surprised that many people see something of themselves in his latest film, The Sweetest Embrace.**

"It's a story about separation and family reunification," said Mirza, an Aylmer resident and filmmaker whose work will be featured in this week's One World Film Festival.

In Canada, especially, people can relate, he said. "It's a very common Canadian story."

Mirza's film follows two young Afghan-Canadians who were separated from their families 16 years earlier and decide to travel to Afghanistan to find them.

The project, which began three years ago, took a four-person team through the roads and mountains of Afghanistan for two months.

"It's a region that I love," said Mirza, 49. "Typically, what we see in the news is



Amir Alamunbek takes a rest during his month-long walk in search of his parents in The Sweetest Embrace, a film about young Afghan-Canadians searching for their families in Afghanistan.

### More local films in this year's festival

- Working to Help My Mom, a documentary by Leuten Rojas on child labour in Chile.
- Ramses Madina's award-winning stop-motion film, Farmer's Requiem, which explores the effects of time on

agriculture.

- Firdaus Kharas's animated work Buzz and Bite, which was created to serve as a public service announcement to curb the spread of malaria throughout Africa.

poverty and war. I didn't realize how beautiful the country is, and that despite 30 years of war, people are still open to outsiders and extremely hospitable."

Mirza is one of four local filmmakers featured in this year's One World, which begins tomorrow and runs through Saturday at Library and Archives Canada.

The festival is expected to draw about 1,200 people, said festival co-ordinator Sonya Poweska.

The festival features 29 films, with subjects that range from the immorality of companies doing business with the dictatorship of Turkmenistan, to a portrait of over 40 million widows living in India today.

"The films allow viewers to see what some of the world issues are in places you don't often hear about," said Poweska.

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A Canadian judge refused yesterday to review an order revoking the citizenship of Helmut Oberlander, a man who lied when he moved to Canada about working with a Nazi death squad in the Second World War. **REUTERS**

# Canada

**"This would be the worst time to change your finance minister."**

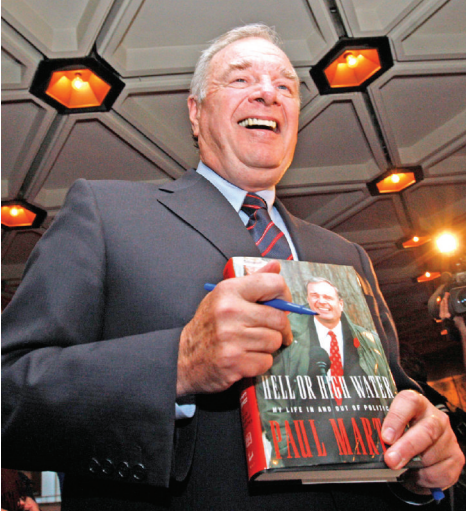
A senior Conservative staffer yesterday, speaking on condition of anonymity, about the new federal cabinet.



## Flaherty safe

Stephen Harper appears certain to keep Finance Minister Jim Flaherty, left, in his post as part of the new cabinet to help combat the financial crisis. **REUTERS**

### Ottawa A prime minister's story



Former prime minister Paul Martin laughs while holding a copy of his autobiography during an event to mark the release of his memoirs yesterday in Ottawa.

## Testing the waters

Manley mulls jumping into Liberal leadership pool

Former Liberal cabinet minister John Manley says he is testing the waters to see whether he should run for the leadership of his party.

"I'm not jumping off the diving board until I'm pretty sure there's some water in the pool," he told reporters at the Ottawa Chamber of Commerce yesterday morning.

The former minister of finance and foreign affairs said he has heard from people across the country who

would like him to throw his hat into the ring, but he said he has no strong desire to leave his life as a lawyer and replace outgoing leader Stéphane Dion.

"I'm not overwhelmed by ambition to do something else. I feel like I had a great 16 years in public life and did a lot of



John Manley

the best jobs in the government of Canada — except for the top one," he said. "So I'm giving it a pretty hard-nosed assessment."

He also said whether former New Brunswick premier Frank McKenna decides to enter the race would be a "factor" in making his own choice.

"That's a factor, if he makes a decision, but I have to make a decision for me," he said.

**TORSTAR NEWS SERVICE**

## Listeria toll may be higher than reported

**INVESTIGATION** The human toll of Canada's listeria outbreak may be larger than officials have reported, a Torstar News Service/CBC investigation has found.

Health authorities have confirmed 20 deaths linked to listeria-tainted Maple Leaf cold cuts. But a lack of testing in nursing homes and hospitals during the outbreak could mean many deaths were overlooked.

In one case, blood tests have been denied to nursing home residents even though one died of listeria and at least one other is sick. **TORSTAR NEWS SERVICE**



Watch as a N.L. inquiry into botched cancer tests sets its sights on Danny Williams at [metronews.ca/canada](http://metronews.ca/canada)

### News in brief

**MISSING** Software giant Microsoft Corp. has matched a reward being offered in the search for Brandon Crisp, a missing Barrie, Ont., 15-year-old who ran away from home after

his parents took away his Xbox 360 video game console. Crisp has been missing since Oct. 13.

**DISEASE** A new vaccine for cows, approved by federal reg-

ulators yesterday, could be the first step in reducing the prevalence of the deadly E. coli strain — O157:H7 — found naturally in the environment.

**METRO NEWS SERVICES**

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# À BAS LES FRAIS

## NOV. 5

Human Rights Monument  
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# DROP FEES

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L'éducation est un droit. À bas les frais

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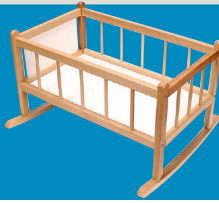
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Hi-tech devices tracked two small salmon on a 2,500-kilometre swim from the Rocky Mountains to Alaska in a step towards understanding fish migrations and protecting stocks, scientists said. **REUTERS**

# World



## Six little miracles for a N.Y. couple

A New York woman gave birth to sextuplets — four boys and two girls — earlier this month, the Mount Sinai Medical Center said yesterday. But Digna and Victor Carpio, who also have a seven-year-old son, kept the birth as secret for three weeks as their babies fought to survive, the New York Daily News reported. The babies were born by Caesarean section on Oct. 6 during the 25th week of pregnancy, about three months early, the newspaper reported. **REUTERS**

## Hudson's nephew dead

7-year-old had been missing after other relatives killed

**Police found the body of Academy Award-winning actress Jennifer Hudson's 7-year-old nephew yesterday, who had been missing since Hudson's mother and brother were slain last week.**

Julian King's body had been left in the back seat of a stolen car found abandoned on a Chicago street.

The discovery ended a search that began Friday after a family member found the body of Hudson's mother, Darnell Donerson, 57, and brother Jason Hudson, 29, both shot dead in the family home.

The vehicle in which the

### From Idol to Oscar

- Hudson gained fame as a contestant in 2005 on the top-rated U.S. television show American Idol. She placed seventh in the show's third season.
- She earned the role of Effie White in the 2006 film version

of the stage musical Dreamgirls. The role of White, who is kicked out of an all-girl 1960s singing group, earned Hudson the Oscar for best supporting actress and made her a sought-after Hollywood star.

boy's body was found belonged to Jason Hudson and had been missing since the slayings.

"We're following any lead we can get right now," Chicago police superintendent Jody Weis told a news conference. He declined to say how the boy died.

Police said at the start of the investigation Friday that the slayings appeared to be part of a domestic disturbance, but Weis declined to speculate on a motive.

Weis confirmed that William Balfour, 27, had been taken into custody and was being held for a

parole violation, and that he remained a "person of interest" in the case.

Balfour had a relationship with Hudson's sister Julia but is not the father of the missing boy. Balfour's mother said earlier her son and Julia were estranged and that he had nothing to do with the slayings.

Balfour was released from prison in 2006 after serving seven years on convictions for attempted murder, car theft and vehicular hijacking. An Illinois Department of Corrections spokesman said Balfour was sent back to prison Sunday. **REUTERS**

## McCain, Obama battle on economy

**ELECTION** Republican presidential nominee John McCain and Democrat Barack Obama slammed each other's economic plans yesterday as wrong for the current downturn as they butted heads in Ohio and Pennsylvania in launching an eight-day dash to the election.

Trailing in the polls, McCain attempted to gain traction on the economy by appearing with economic advisers at a Cleveland hotel and vowing to quickly take steps to restore confidence in the wilting U.S. stock market, keep people in their homes and create jobs if elected on Nov. 4.

Obama, holding a poll lead nationally and in many battleground states, began making what his campaign called a "closing argument."

In Pittsburgh and in Canton, Ohio, Obama rallied supporters not to let up in

their drive to gain Democratic control of the White House. "We can't afford to slow down, sit back. We cannot let up for one day or one minute or one second in this last week," he said.

"In one week, at this defining moment in history, you can give this country the change we need," he said.

Twenty-one months after he began an uphill climb that has culminated with him "so close" to the White House, Obama said, "My faith in the American people has been vindicated."

In Washington, court documents disclosed that two white supremacist skinheads were arrested in Tennessee over plans to go on a killing spree and eventually shoot Obama. The plan did not appear to be advanced. Obama would be the first black U.S. president. **REUTERS**



Obama

## Disabled women abused more: Study

**RESEARCH** Women with a disability are more likely to suffer abuse by their spouse or partner, according to new research.

Dr. Brian Armour, of the Centres for Disease Control and Prevention in Atlanta, found that 37.3 per cent of women with a disability reported violent abuse in their lifetime, compared to 20.6 per cent of women without a disability.

Armour said women with disabilities might be more vulnerable to intimate partner violence because their disability might limit mobility and prevent escape. **REUTERS**



Watch Jewish war orphans reunite to reminisce about memories good and bad at metronews.ca/world

## Jordan Cornea transplant allows mom to see



Wafa Abdullah, 28, poses with her children Aseel, left, Rowa, centre, and Huthefa at Isra hospital in Amman, Jordan yesterday. Wafa saw her four children for the first time on Monday after a successful cornea transplant in her left eye. Wafa was born blind, according to Jordan News Agency.

## U.S. carried out Syria raid: Source

**SMUGGLER** A raid by U.S. forces inside Syria Sunday is believed to have killed a major smuggler of foreign fighters into Iraq, a U.S. official said yesterday, as Syria condemned the attack as "terrorist aggression."

The official spoke on condition of anonymity about the raid, in which residents and Syrian officials said U.S. troops landed by helicopter and killed eight civilians.

A second U.S. official

said U.S. forces had targeted only people they considered a threat and that women and children were alive at the site when they left.

The Pentagon and the White House have refused to officially confirm or deny U.S. involvement in the incident, which alarmed France and Russia. Both countries called on the United States to respect Syria's territorial sovereignty. **REUTERS**



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**Bullish Brazilian banks post profits**

Banco Bradesco and Banco Itau, Brazil's two largest private-sector banks, reported third-quarter revenue increases of 3.2 and 14.6 per cent respectively. Both banks saw potential to grow by snapping up loan portfolios from rivals in distress. **REUTERS**

7

# Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Reuters **Powder scare**

New York City police inform staff to evacuate the Reuters newsroom in Times Square yesterday. The office was evacuated for three hours after a staff member opened an envelope and a "puff of powder" — which was harmless — came out of it.

## Finance firms cut staff amid market downturn

**MARKETS** Fallout from plunging stock markets is beginning to emerge in the financial services sector as companies cut staff to reduce costs.

RBC Capital Markets, the investment banking unit of Royal Bank of Canada, laid off 20 equity-focused investment bankers in Canada and the United States last week, a spokeswoman said.

While Canadian investment banks have not suffered the massive upheaval that has gripped the U.S.

industry, players of all sizes are struggling with a dearth of underwriting and advisory activity due to the precipitous stock market drop.

Separately, money management firms AIC Ltd., based in Burlington, Ont., and Toronto-based Sentry Select Capital Corp. laid off staff last week.

AIC spokeswoman Terri Oswald said the company let go of 53 staff, or about 18 per cent of its employees, but no portfolio managers were fired. **REUTERS**

**Business in brief**

**MARKETS** U.S. banks Comerica, SunTrust and State Street agreed yesterday to sell stakes to the Treasury Department, while the government considered injecting \$5 billion US into the ailing auto industry.

**COMPUTERS** Microsoft took the wraps off its Microsoft Azure "cloud computing" service that offers companies its data centres to run their web applications rather than on a computer hard drive. **REUTERS**

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## Employers set to cut wage hikes: Group

Canadian employers looking to cut costs to withstand the global financial crisis are planning to whittle away at wage increases in 2009, the Conference Board of Canada said yesterday.

Even before the market meltdown in September, companies said they were planning to scale back non-union wage increases to 3.9 per cent next year af-

**"Chaos in the financial markets ... will undoubtedly put downward pressure on wages."**

Conference Board of Canada

ter raising them about 4.2 per cent in 2008, according to the think tank's survey of 395 employers from June through August.

The market meltdown since then likely means that increases will be closer

to 3.4 per cent than the 3.9 per cent projected by the respondents, said a Conference Board official.

Other forecasts in the report, if revised, are also likely to be lower, it said. "Chaos in the financial

markets south of the border and globally will undoubtedly put downward pressure on wages in Canada," the Conference Board said in its annual survey.

The biggest pay hikes will be in the oil and gas industry and other natural resources, and Western Canada will fare better than the manufacturing-heavy Ontario, Quebec and Atlantic provinces. **REUTERS**

## Average Canadians Are Making \$5,000+ A Month On the Internet

Guest Editorial  
by James Ryder

OTTAWA — Internet marketer and millionaire Sean Roach is a man with a mission. As I write this article, Sean is in London, England delivering a keynote speech on the future of social networking on the Internet.

As a recognized expert on making money on the Internet, he has shared the speaking stage with Donald Trump, Rudy Guiliani, Suze Orman, Robert Kiyosaki, Raymond Aaron, and dozens of others.

As much as he enjoys speaking at major events, his real passion is showing ordinary people how they can build a recession-proof online business, either part-time or full-time, from the comfort of their own home.

Sean enjoys relaying online success stories like Kayla and Natalie Anderson, (ages 8 & 6) who actually raised over \$1,000.00 for their Girl

Guide troop by selling pine cones on the Internet. Or John P. who started an online rubber stamp business (RubberStampLand.com) and regularly rakes in earnings of \$20,000 per month.

The good news is Sean has agreed to come for 2 days only to Ottawa to outline his system for you. Not only that, he'll also be spending considerable time discussing a new groundbreaking website that has the potential to make you a solid monthly income... and more.

I say groundbreaking because this website has the capability to make many of the most popular websites obsolete.

So what does that have to do with you? In a nutshell, this new website is so powerful

that hundreds of businesses can run their entire operations from this one site. But more importantly, it's still flexible enough for you to set up a small business on it that runs completely on autopilot — a business that delivers a constant stream of residual income to you day-in and day-out.

Sean will be outlining exactly how you can do just that without doing any of the "grunt work" like setting up a website, producing graphics, setting up a shopping cart to collect sales, and on and on. It's a complete Internet "business-in-a-box."

With all the economic doom and gloom in the media recently, Sean's message is a refreshing change.



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- ✓ How you can dominate niche markets that are already crowded with competitors - and make piles of money doing it!
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— Craig Hayward

**"... 1 site has made more money than other 155 eBay sites!"**

"I purchased a set of pre-made sites on Ebay, loaded them all on my hosting account, and quickly realized I had wasted my money. I [contacted Sean's team] and got a site setup in a couple days, that one site has made more money than the 155 sites I bought on Ebay."

— Sharon Lewis

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## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

## Stuff stockings with love

## SmartCookies



smartcookies.com

In one short week the Halloween goodies will be packed away and the retailers will be hauling out their holiday best. We've already seen some stores decked out in festive Christmas décor. Before the spending madness begins, let's figure out how we can survive the holidays without getting a Visa bill that makes us lose our rum and eggnog upon opening.

## Makin' a List and Checking it Twice

While it's a nice gesture to buy gifts for your entire family, friends and colleagues, if you take note of all the people you plan to buy for and how much that will cost, you will real-

ize that a) it all adds up and b) a nice card or a warm wish goes a long way. This year, the Smart Cookies are drawing names for family members, setting a spending limit and only purchasing for that one person.

## Use Cash

We've said it before and we'll say it again: Paying with cash makes you think twice about your purchases and helps cut down on unnecessary spending. If you can't afford to pay for a gift with cash, then you can't afford to buy it.

## Shop Online and Compare Prices

We love to shop online and compare prices as we go. We realize you will have to use your credit card for these purchases so the next best thing to using cash is to make sure you are paying your bill off in full as soon as it arrives. If you don't pay your balance off in full, you'll lose the saving benefits of buying online.

## Entertaining

Instead of offering a full bar, try serving a feature drink that will cut back on liquor costs. You can get four times the amount of drinks from a 26-oz bottle of vodka than you can from a 750-ml bottle of wine. And don't be afraid to ask your guests to bring their favourite dish to your soiree, like dessert, appetizers or a side.

## The Holidays Are a Time to Share

Share clothes, accessories, shoes and handbags. Don't get wrapped up in thinking you need to buy something new for every holiday get together. Also, rent or borrow the tables, chairs and place settings that you will need to host the holiday get-together instead of purchasing new items.

## Remember What Matters Most

When we work with families on our W Network show, Smart Cookies, we always ask parents what

they remember most about their childhood. They always recount quality time spent together and not video games or gadgets. While we appreciate that children should be treated with a few special things, don't go overboard. Instead, think of things you can do together that will only cost you a little bit of your time.

Visit [smartcookies.com](http://smartcookies.com) for more saving tips, and e-mail questions or comments to [smartcookies@metronews.ca](mailto:smartcookies@metronews.ca).

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](http://smartcookies.com) for more tips.

## Investing

## Allan Small

After the U.S. bailout, is there anything to look forward to? Read this week's column at [metronews.ca](http://metronews.ca).



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## Unfortunate meeting of death, taxes

**Q** My brother-in-law recently passed away. My wife is not in the frame of mind to deal with tax issues related to his death, but I would like to help as much as I can. Can the funeral cost be deducted on his tax return? He repaid part of his Home Buyer's Plan (HBP). Does he pay tax on the balance?

## Lawrence

**A** You and your family have my sympathies. There are some things in life that if we can avoid dealing with, we will. Our mortality is one. Taxes are another. The passing of a loved one generally leaves the family hurt, shocked and in disarray. There are so many things to get done, least of all taxes.

Unfortunately, taxes are a part of death, as they are a part of our everyday life. Records should be kept in

## MoneyMatters

## Henry Choo Chong

choochonghcg@yahoo.ca

a place that is safe, known to family and easily accessible when needed. Personal expenses such as funeral costs, probate fees and administration cost to estate are not tax deductible. The deceased must report the entire balance owing to a HBP in the year of death. However, an election can be made by the surviving spouse to assume the repayments and defer taxes. Filing a deceased taxpayer's return can be complicated — seek the advice of a tax professional.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca).

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# Comment & Views

## Comment

# Left, right, north, south

Barack Obama and Stephen Harper — How weird is that?

NationalReport



Lawrence Martin

This is bizarre. Americans are moving left. Canadians are moving right. It's almost always been the other way around. In fact, it's been 80 years since we've seen this. The only comparable time was when Franklin Roosevelt came to power after we elected arch-Tory R.B. Bennett.

That, too, was in a time of economic peril. Bennett didn't last long. FDR's liberalism soon spread across the border. A rising tide, they say, lifts all boats. It lift-

ed our Liberal ones, sunk Bennett's.

This memory has probably intruded upon Stephen Harper's roomy cranium by now. There are those polls saying Canadians favour Democrat Barack Obama for the U.S. presidency by a margin of four to one! He's an American politician with a Canadian mindset. Or at least what has generally been considered a Canadian mindset. He's certainly no guns and God guy. He favours public health care, has a social conscience, prefers diplomacy to unilateralism. "I know that the hardening of the lines," he once wrote, "dooms us all."

A lot of Canadians are going to love this man, like they did FDR, in the way they were charmed by JFK. He is an independent thinker, not transfixed by

any ideological trappings, but internally strong. It seems he has followed F. Scott Fitzgerald's dictum: "Life is something that can be dominated — if you're any good."

I'm trying to imagine Stephen Harper paired with him. Our PM can handle himself intellectually with anyone, but the danger for him is that he will look soooo last century up against Barack Obama.

It's true that Harper has moderated some of his original hard-core conservative gospels. But he's still an old-alliance type on foreign policy, he's still a foot-dragger on the environment and he's still more of a Milton Friedman disciple than a Keynesian. There are cycles of history. It's tough if you get caught up in the wrong one.

It's not just Harper who tilts against the new tide. There is other evidence of our rightward shift. Our population is moving West, the resource wealth is in the West, the Alberta influence gains strength, our media is more right-wing than ever. On the other hand, the fact that Harper didn't win a majority against a weak opponent tells you something. So does our overwhelming lean toward Obama.

Franklin Roosevelt became more popular here than R.B. Bennett. John F. Kennedy became more popular than John George Diefenbaker. In these careening times, they are precedents worth noting.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

## Views

# Time to slow down immigration



James Bissett

Guest view

It now seems evident we are going to experience a serious economic recession, but so far there has been no suggestion that it is time to cut back on the extraordinarily high immigration intake of the last 10 years.

In the past, when Canada faced an economic downturn the immigration intake was also reduced. This was a sensible policy and beneficial to Canada and to immigrants. There is little sense in bringing immigrants here when they are unable to find jobs and either end up on our welfare rolls or displace other resident workers. Unfortunately, the policy of regulating immigrant numbers to labour force realities was abandoned in favour of a constant intake of about one-quarter of a million immigrants each year — regard-

less of labour force conditions.

Consequently, we now have close to 1 million immigrants waiting in the backlog to enter Canada. All of them have met the requirements and, by law, must be admitted. There are a further 60,000 to 70,000 asylum seekers already here waiting to appear before the Immigration and Refugee Board (IRB) and whether they are found to be genuine refugees or not, most will be allowed to remain. Added to this number are between 150,000 to 200,000 temporary workers in Canada and many of these will not return home when their contracts expire.

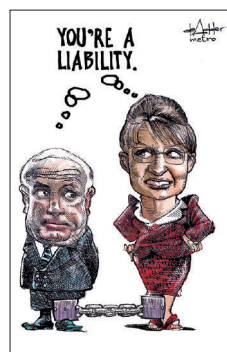
Our political leaders did not want to discuss immigration during the election campaign. All the parties are on record of wanting to raise immigration levels. They do this despite growing evidence that immigration is not making any significant contribution to our economic prosperity and does not in any way help us with our so-called aging problem.

A study published this summer by Prof. Herbert Gruber of Simon Fraser University showed that in the year 2002 alone, the costs in services and benefits received by 2.5 million immigrants who arrived between 1990 and 2002 exceeded the taxes they paid by \$18.3 billion. This amount is roughly the cost of our Afghanistan campaign.

It is time our political parties stopped using immigrants as pawns in their political games and begin to act in the interests of all Canadians. A first step would be to cut the immigration flow in half and admit only the first in line of those waiting in the backlog and restrict new applicants to the children and spouses of people already here. This is an opportunity for our political parties to work together when Parliament is recalled.

Let's see how they respond.

James Bissett is a former Canadian Ambassador and was the executive director of the Canadian Immigration Service from 1985-1990.



MICHAEL DE ADOLPH

## Letters

Stacy L. Hird, OTTAWA

Metro columnist Anne Hines wrote a story (Oct. 14) where she talked about the federal election and bad squirrel behaviour.

Here is one way she might placate a naughty squirrel while she's sitting in her backyard, "coffee in hand, enjoying the quiet, admiring the glitter of sunlight through leaves ..." Try offering this "mangy black squirrel" some of your coffee. I have seen city squirrels drinking from spilled coffee cups.

I loved the story and tears rolled down my face while I was reading it. Thanks.



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Former Ontario chief justice Charles Dubin, who was best known for heading an inquiry into steroid use by athletes, died at the age of 87 Monday. Known as the Dubin inquiry, the commission was formed after sprinter Ben Johnson lost his gold medal at the 1988 Seoul Olympics for testing positive for steroids. **METRO NEWS SERVICES**

Dubin passes away

# Sports



## Phillies look to wrap up Series

Cole Hamels, left, and the Philadelphia Phillies were in the hunt for their first World Series title in 28 years and the city's first major sports championship since 1983. For a complete game report, visit [www.metronews.ca/sports](http://www.metronews.ca/sports). **METRO NEWS SERVICES**

SPORTS@METRONews.ca

## Sens stampede Buffalo

**NHL RESULT**

**Senators 5 Sabres 2**

**MIKE BEASLEY**  
for Metro Ottawa

**THE SKINNY:** It was a total team effort as the Ottawa Senators put an end to a four-game losing skid with a 5-2 win over the Northeast Division-leading Buffalo Sabres.

**THE GOOD NEWS:** Ottawa's top line of Jason Spezza, Dany Heatley and Daniel Alfredsson was reunited and combined for seven points.

**THE WINNING GOALIE:** Alex Auld stopped 25 Buffalo shots for his second victory of



Alex Auld made 25 saves for Ottawa in the 5-2 win in Buffalo.

the season and 60th of his career.

**THE LOSING GOALIE:** With last night's loss, Sabres G Patrick Lalime is now 1-1-1 in his career versus the Ottawa Senators. Lalime played 283 games for the Senators from 1999 to 2004.

**THE FIGHT:** Ottawa's Chris Neil and Buffalo's Andrew Pe-

ters had a battle in the third period with Neil getting the decision courtesy of a quick jab that buckled the knees of the Buffalo tough guy.

**THE NEXT GAMES:** The Senators continue their week-long, four-game road trip with a pair of contests in the Sunshine State. Ottawa will meet the Florida Panthers on Thursday and Tampa Bay Saturday.

## Obama confident on the court

He may be diplomatic in political circles, but Barack Obama is quite the trash talker on the basketball court.

This, at least, is the word from Knicks point guard Chris Duhon, who played recently in a private pickup match with the man pollsters suggest will be voted U.S. president next week.

In an interview to be aired this week on the MSG television network in New York, Duhon said Obama hollered remarks such as "You can't guard me" in their game.

Obama was a shooting guard at Occidental College in Los Angeles. He led his school in scoring in 1979. So did his team beat Duhon's?

"No way," Duhon said. "He might be a good president, but I'm a better basketball player and I wasn't

YorkReport

**Marty York**

[marty.york@metronews.ca](mailto:marty.york@metronews.ca)



going to let him win. I don't take it easy on anyone."

• Boston Red Sox reliever Jonathan Papelbon has put his game-used baseball glove up for bid on eBay and the asking price is — brace yourself — \$4,499.99 U.S. ... The Sox have told catcher/captain Jason Varitek he can rejoin them next year if he takes a sizeable pay cut. If he refuses, Boston might pursue Blue Jays catcher Gregg Zaun ... The Florida Marlins are seeking to unload first baseman Mike Jacobs and

the Jays have expressed strong interest in serious trade discussions ... Jays lawyer Gord Kirke spent the past few days at the World Series in Philadelphia, where he was hanging out with his longtime friend, Pat Gillick, and where he presumably spoke to the Phillies' general manager about returning to Toronto to reunite with front-office boss Paul Beeston and manager Cito Gaston ... Tampa Bay Rays manager Joe Maddon enjoyed some ribbing from some of the Phils' merciless fans during the Series but he was infuriated by some moron who squirted mustard at his granddaughter. Maddon might press charges.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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# Health

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

## Club drug offers schizophrenia clue

British researchers said yesterday they might have discovered how schizophrenia affects part of the brain by carrying out tests with 'Special K,' a popular club drug that mimics the symptoms of the mental illness. Their work may lead to the development of new drugs to treat the condition and to a better understanding of how existing treatments work, said Mark Cunningham, a neuroscientist at Newcastle University in Britain, who led the study.

REUTERS

# Viewing HIV as a weapon

## The J Spot

### Josey Vogels

Sex talk with Josey

Don't you hate it when a co-worker shows up at work sick as a dog?

"I hab a terribul flu," they sputter as you frantically reach for the bottle of antibacterial gel you permanently keep on your desk now, because it seems more and more people are deciding their need to prove their indispensability trumps your right to a virus-free zone.

I thought of this as I listened to reports on the trial of Johnson Aziga, the 52-year-old Hamilton, Ont., man facing two counts of first-degree murder after allegedly having unprotected sex with-

**"We must bear some personal responsibility for the consequences of our sexual choices."**

out telling sexual partners he was HIV positive.

Two of his alleged partners died of AIDS. The only difference between the flu and the HIV virus is that one is airborne and one is sexually transmitted. But I have yet to see a case of someone being charged with attempted murder for spreading the flu virus to someone who then died of the flu (over

6,000 Canadians die of the flu annually compared to about 300 of AIDS). I understand that HIV, unlike the flu, is incurable, and that a life on antiviral drugs is no picnic. And granted, being

airborne, it is harder to track down the flu virus carrier, but there is still something wrong with this picture.

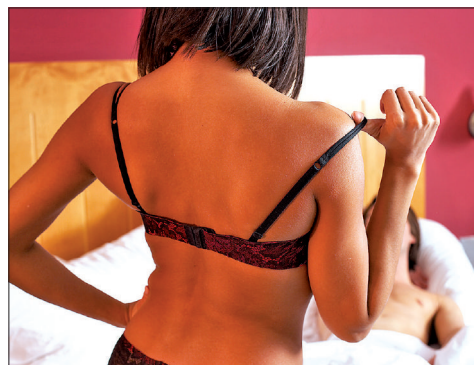
In the case of the flu, we take precautions. We get vaccinated. We carry around buckets of Purell. In the case of HIV, we use condoms.

If your partner tells you they are not HIV positive, it is not enough to simply take their word for it. I'm

sorry, but unless I see a piece of paper with test results, my partner's wearing a rubber. If I don't insist on this, I'm responsible for taking that risk, no matter what my partner has told me. Unless it's a case of rape, where the victim has no choice, we must bear some personal responsibility for the consequences of our sexual choices.

As utterly horrific as the allegations against Aziga are, I can't help but think that the legal reaction is more tied in to our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality and the implied promiscuity we assume when it comes to sexually transmitted diseases.

Remember those stories



Is the recent case of a man accused of transmitting HIV to his partners tied into our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality?

in the early days of AIDS where someone would sleep with a stranger and wake up to find the message, "Welcome to the wonderful world of AIDS!" scrawled on the bathroom mirror in lipstick or delivered in a tiny gift-wrapped coffin?

Knowingly spreading HIV is no urban myth. But a virus as a murder weapon? That sounds more like science fiction to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

## Restroom fact or fiction?

**HYGIENE** Some gruesome facts and stats about what's lurking in public bathrooms:

- 80 per cent of all infectious illnesses, from the common cold to exotic, rare viruses like Ebola, are transmitted by touch - FACT.

- In an environment as humid as the bathroom, a single bacterial cell can multiply into one million clones overnight - FICTION. It is actually one billion clones.

- Always close the lid of

the seat before flushing; the toilet can send small drops of aerosolized fecal matter as far as twenty feet into the air, potentially hitting every surface in the bathroom - FACT. Tip: Close the lid before you flush - especially if you like leaving your toothbrush on the sink

- Objects such as a bar of soap, doorknob or sanitary dispenser are the largest single mechanism for transferring germs - FICTION. Skin is the largest single mechanism for transferring



Skin is the main transporter germs.

germs from person to person.

SOURCE: THE SECRET LIFE OF GERMS BY PHILIP M. TIERNY, JR.

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### Let's Talk About Floss

Ok...so let's see where you stand. You have just visited the dentist. Perhaps you received a clean bill of dental health. Or, perhaps there was some decay, early stage gum disease or excessive plaque buildup. Your dental visit will have helped by removing the plaque...for now. The challenge is to prevent it from returning before your next visit.

part of your oral health regimen. And it is important to make sure you use a proper flossing technique. Poor technique could result in injury to the gums. Injured gums may increase the risk of bacterial infection getting into the bloodstream.

If you are unfamiliar with the proper technique, ask your dentist. S/he will be happy to demonstrate the best way to floss. If you are still having trouble, there are a number of devices on the market, such as floss holders, which can help ensure you are flossing correctly.

As for the best type of floss to use, there is no one type that will be best for everyone. Thicker weaves may be better for people with wider spaces between their teeth. Some people find a waxed floss slides easier in difficult spaces. The choice is yours.

People who are new to flossing may notice that it causes their gums to bleed. Do not let this deter you! If they are bleeding, it probably is a sign that your gums are not in the best of health and you really do need to floss! As regular flossing improves your dental health, you should notice that the bleeding will subside. If it does not, talk to your dentist as this may indicate other issues that require attention.

The bottom line is that flossing at least once a day can do so much to remove plaque from your mouth, improve bad breath, reduce the build up of calculus and prevent gum disease. All of this protection simply by taking the extra couple of minutes to floss! Why not do it?

**So, if you have not been flossing daily, the time to start is NOW!** Because flossing is a healthy habit...and healthy habits lead to healthy lives.

Healthy Habits Lead to Healthy Lives  
Dr. Peter Georgopoulos  
Dental Surgeon



Actor Victor Garber has vowed to become an American citizen in time for the 2012 presidential election. Garber was born in Ontario, but has spent much of his working life in the United States and is eager to play a part in choosing the country's next leader. [IMDB.COM](http://IMDB.COM)

# Entertainment

EDITOR: TINA COSTANZA, [TINA.COSTANZA@METRONews.CA](mailto:TINA.COSTANZA@METRONews.CA)

RICK MCGINNIS  
Metro Canada

Even the villain was impressed. "Whoa," said Le Chiffre, the terrorist banker in *Casino Royale*, after Daniel Craig's James Bond was strapped naked into a chair before the film's excruciating torture scene. "You've taken good care of your body. Such a waste."

You knew something had changed when Craig's Bond walked out of the surf in the reboot of the Bond franchise two years ago in a blue and black La Perla swimsuit. Only this time it was Bond, not the Bond girl, who was showing off an incredible physique, and in one stroke men all over the world had one more reason to feel a bit inadequate.

Becoming James Bond — if such a thing were possible — starts with the man himself, a fine physical specimen in all but the later Roger Moore films; a killing machine by trade. My journey to try and be a bit

more 007 starts with my gym, Bloor Street Boxing, where Trevor, the head trainer, tells me what I'd need to do to even hope to fit into those swim trunks.

"With someone like Daniel (Craig) he didn't just start this the other day," Trevor tells me. "It's a long term thing to get there. The first little bit will always be easier. That's where a lot of people go wrong — they work out and lose a bunch of weight, but they don't move on." I need to sprint,

not jog, for one — "With a lot of those stunts, he has to be more explosive" — and I need to avoid the weight machines in favour of the free weights and exercises like dead lifts, squats and the overhead press.

## Becoming Bond



He tells me that if I come in every other day and work out for a year, doing cardio all the while, I might come close to the Bond physique.

My next step is Rob Ferreira's Krav Maga Toronto, where he lets me sit in on a lesson in the martial art developed by the Israeli army. Judo and karate were once the vogueish Bond martial arts, but it's more realistic to imagine Bond, an ex-special forces soldier, learning this far less elegant discipline. "It's really basic," Rob

tells me. "Primal is a good way to describe it. They want you to address the immediate danger by any means necessary... Whatever the attack might be, a punch, a grab, a choke, a knife, a stick, a gun — whatever. It trains you to use your instincts."

I spend most of the hour trying to escape a bear hug by trying to kick Pat, one of Rob's trainers, in the groin — one of the "two heads" Krav Maga teaches you to target.

I wake up the next morning almost unable to stand, but I have an appointment at Silverdale Gun Club, outside Beamsville, Ont., where Frank, a friend and a serving army officer, offers to show me how to handle a gun Bond style.

After a lecture on gun safety, Frank pulls out an



## Birds remake

George Clooney is set to star in a remake of *The Birds*. The actor is the favourite to take the role of lawyer Mitch Brenner, portrayed by Rod Taylor in Alfred Hitchcock's 1963 original. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)



Metro's Rick McGinnis reflects on his performance with a Colt .45 at the Silverdale Gun Club outside Beamsville, Ont.

AR-7, a compact little rifle that packs up into its own stock, and was featured in both *From Russia With Love* and *Goldfinger*. After a bit of coaching, I'm able to get a few shots on target, but then he moves me up to the sorts of weapons that Bond might pick up along his way — a 9mm Yugoslav-made Tokarev and a 1911 Colt 45 A1.

They're real handguns, and I'm hopeless with them; even shooting while

sitting, or standing with both hands firmly wrapped around the grip, I'm barely hitting the bull's-eye, but when I try shooting with one arm, the recoil sends my arm twitching; puddles in front of the target explode, and clods of mud kick into the air, splashing mud on the target that remains unmolested by any ordinance. I am off to a poor start on my journey to become James Bond.

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**Former Grateful Dead keyboardist Merl Saunders dies**

Keyboardist Merl Saunders, who had a long-term collaboration with Jerry Garcia and the Grateful Dead, has died at the age of 74 from complications after suffering a stroke six years ago, his family said. **REUTERS**

# Season's-end sadness

**I JUST DON'T KNOW WHAT TO DO WITH MYSELF:** The season finale of *Mad Men* unexpectedly brought back a feeling I hadn't had in years — a sudden melancholy at the thought of waiting months for my favorite show to return.

The Germans probably have a multisyllable word for it — if they don't, I'm nominating *Fernsehtrauer* (really, it works, you'll have to trust me) — and I probably haven't felt this way since they cancelled *Kolchak: The Night Stalker* back when Gerald Ford was still president. Most of a year will pass before season three, and unless something genius erupts onto the small screen in the meantime, I'm going to have to content myself with the deluxe complete holiday gift-ready *Deadwood* and *Sopranos* box sets until then.

As expected, the Cuban Missile Crisis was the his-

torical frame for the finale, and the volume of Frank O'Hara poetry that was both prop and fetish object earlier in the season — *Meditations In An Emergency* — provided the all-too-perfect title. A few loose ends were tied up, but not enough to make it look like a swansong, or to deprive the next season of the tinder necessary to get the fire going again.

Almost every character with an ongoing crisis got some screen time, with the possible exception of Joan and Sal.

Most surprising of all was venal, grasping Pete Campbell, who showed startling signs of becoming something like a human being and exceeding expectations since his *Brylcreem* moonface poked its way up through the thicket of young suits in Sterling Cooper's offices. Most telling of all, he needed the presence of Don Draper and Peggy Olson (Jon Hamm and Elisabeth

Moss), the show's pivotal characters, to effect this transformation.

Don's martial and personal freefall took up much of the season's oxygen, but creator Matt Weiner finally allowed Peggy to shine in a scene where we finally learn what happened to the baby she had at the end of last season — Pete's baby, he discovers, devastatingly. "One day you're there, and then all of a sudden there's less of you," she tells Pete, and she could be talking about the baby, or about some indefinable but vital part of herself.

I can't help but imagine my own birth mother, having the same thought, at around the same time, after giving me up for adoption — or maybe not. The possibility, remote as it is, might explain some of my ardent connection to the show, and why its absence until next summer resonates more like the loss of a friend or family member than a brief amusement deficit.

Rick McGinnis writes about music, movies, books and television, but not opera.

IntelleVision



rick.mcginis@metronews.ca

## DVD picks

### The James Bond Blu-ray Collection, Vols. 1 and 2

Director: **Multiple**  
Rating: **N/A**

**HERE WE** go again. James Bond fans are as familiar

with the feeling of hands grasping their wallets as 007 is with finding beautiful babes or would-be assassins in his hotel room.

Devoted Bond aficionados have over the years already purchased the series on VHS and one of the various DVD incarnations.

The switch to Blu-ray might seem inevitable, as indeed it is if you demand only the best. These high-definition discs do offer picture and audio quality noticeably better than what's come before, especially on the vintage Sean Connery titles *Dr. No*,

From Russia With Love and *Thunderball*. The colors are richer, the blacks are deeper and the sound is so sharp, you can hear every gun cock and martini shake.

But if you splashed out last year for the "ultimate" remastered series on regular DVD, do you need an upgrade now? Maybe not, especially since the cornucopia of extras are the same from the 2007 release, only upgraded to hi-def.

MGM is still playing the shell game of packaging the iconic Connery Bonds along with the pretenders to the throne. However, this time you can immediately purchase the titles separately. Vol. 1 has *Dr. No* (3-1/2 stars), *Live and Let Die* (2-1/2 stars) and *Die Another Day* (2 stars). Vol. 2, the better of the two packages, has *From Russia With Love* (4 stars), *Thunderball* (3-1/2 stars) and *For Your Eyes Only* (3 stars).

Still no Connery commentaries! Maybe he's waiting for the next "ultimate" package.

TORSTAR NEWS SERVICES

### Casino Royale (3-Disc Collector's Edition)

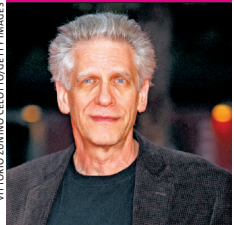
Director: **Martin Campbell**  
Rating: **PG**

**ORDINARILY, IT** would be hard to recommend yet another purchase of this film, even if it does rank amongst the best Bonds.

Who needs a third disc of extras if you've already bought the earlier two-disc set, and for a film released just two years ago? Well, that third disc contains some interesting material, including previously unreleased deleted scenes that provide an alternate opening (it shows the back story behind 007's first kill) and slightly more character development. There are also several interesting new featurettes, about the role of the Bahamas in Bond lore and about the messy legalities that left *Casino Royale*, Ian Fleming's original 007 tale, locked in parody hell until this 2006 franchise revival.

TORSTAR NEWS SERVICES

## Literary lapse



David Cronenberg

### Cronenberg takes time out to write

**BOOKS** Director David Cronenberg is taking a break from movie making to write his first novel, *imdb.com* reports.

Cronenberg has already been inundated with offers of publishing deals for his first book, despite the fact he has only written 60 pages, and has yet to decide what direction his creation will take.

Cronenberg, whose last movie was 2007's *Eastern Promises*, made the announcement at the Rome Film Festival in Italy last week.

"It's not like (horror author) Stephen King, but what it is exactly, I don't know yet," he said.

METRO NEWS SERVICES

See complete online movie listings, trailers, reviews and purchase tickets at [metronews.ca/movies](http://metronews.ca/movies)

| OT       | Vu  | SC  | C   | 7:00          | 7:30                     | 8:00             | 8:30   | 9:00                    | 9:30                      | 10:00   | 10:30                         | 11:00            |
|----------|-----|-----|-----|---------------|--------------------------|------------------|--|-------------------------|---------------------------|---|-------------------------------|------------------|
| 10/28/08 | 265 | 353 | 2   | TVO           | <b>Undersea Exp.</b>     | Parks            | The Agenda With Steve Paikin                             | East West 101 (N)       |                           | Secret Life of the Classroom                          |                               | Agenda-Paikin    |
|          | 211 | 331 | 3   | GYT           | ET Canada                | Entertainment    | House 'Joy' (N)  | 90210 (HDTV) (N)        |                           | Kitchen Nightmares                                    |                               | News (N)         |
|          | -   | 5   | SRC |               | Virginie (SC)            | La Factice       | Providence (HDTV) (SC)                                   | Roxy (SC)               | Filantes                  | Le Téléjournal (SC)                                   |                               | La Zone          |
|          | 209 | 342 | 6   | CHRO          | Robson Arms              | TMZ (N)          | Pushing Daisies (N)                                      | Fringe (HDTV PA)        |                           | (10:02) Eli Stone (N)                                 |                               | News (N)         |
|          | 196 | 311 | 7   | CTV           | Hollywood                | etalk            | Criminal Minds (N)                                       | Dancing With the Stars  |                           | Law & Order: SVU                                      |                               | News (N)         |
|          | 208 | 303 | 8   | CBC           | Coronation St.           | Jeopardy! (N)    | Rick Mercer  | The Tudors              |                           | CBC News: The National                                |                               | The Hour         |
|          | -   | 360 | 9   | NBC           | Wheel-Fortune            | Jeopardy! (N)    | The Biggest Loser: Families (N)                          |                         |                           | Law & Order: SVU                                      |                               | News (N)         |
|          | 117 | 713 | 10  | TVA           | Occupation               | Videos           | Histoires-filles   | Caméra café             |                           | TVA 22 heures   | (10:45) Denis Lévesque        |                  |
|          | -   | 11  | QS  |               | Beauté                   | Loft Story       | Generation séduction                                     | La Promesse (HDTV) (SC) |                           | Cent dix pour cent (SC)                               |                               | Loft Story       |
|          | 137 | 763 | 12  | TFO           | Panorama                 |                  | Canada   | Villages                |                           | A double tour ★★ (1959, Policier) Jean-Paul Belmondo. |                               | Les Fabricants   |
|          | -   | 362 | 13  | CBS           | Dr. Phil (HDTV)          |                  | NCIS "Murder 2.0" (N)                                    |                         | The Mentalist (HDTV) (N)  | Without a Trace (N)                                   |                               | Two/Half Men     |
|          | 216 | 395 | 14  | OMN2          | Cold Case                |                  | News (N)   |                         | News (N)                  | NY-Hollywood  | Friends                       | Cold Case        |
|          | 214 | 344 | 15  | CITY          | Law & Order: SVU         |                  | To Be Announced  |                         | Privileged (HDTV) (N)     | News (N)  |                               | News (N)         |
|          | 115 | 343 | 16  | CFMT          | Two/Half Men             | The Simpsons     | News (N)   |                         | Vivere II                 | News (N)  | The Simpsons                  | King of the Hill |
|          | 218 | 345 | 18  | EL            | The Insider (N)          | El Entertainment | The Biggest Loser: Families (N)                          |                         |                           | The Best Years (DVS)                                  |                               | News (N)         |
|          | -   | 361 | 20  | ABC           | News (N)                 | Entertainment    | Great Pumpkin, Charlie Brown                             |                         | Dancing With the Stars    | (10:02) Eli Stone (N)                                 |                               | News (N)         |
|          | 512 | 396 | 24  | CPAC          | (4) Dossier public       |                  | La une   |                         |                           | Tête-à-tête   |                               | Dossier public   |
|          | 661 | 355 | 25  | CTS           | Happy Days               | Laverne          | Michael Coren Show                                       |                         | 100 Huntley Street        | Life Today  | This Is Day                   | John Hagee       |
|          | -   | 365 | 36  | FOX           | TMZ (N)                  | Seinfeld         | House 'Joy' (N)  |                         | Fringe (HDTV PA)          | News (N)  |                               | News             |
|          | -   | 64  | PBS | Business Rpt. | Whiz Quiz                |                  | Nova (HDTV) (N) (DVS)                                    |                         | Frontline (N) (DVS)       | Ghosts on the Underground                             |                               | Tavis Smiley     |
|          | 205 | 312 | 104 | CTV           | Hollywood                | etalk            | Criminal Minds (N)                                       |                         | Dancing With the Stars    | Law & Order: SVU                                      |                               | News (N)         |
|          | 502 | 390 | 26  | NW            | CBC News                 | Newman           | The Hour   |                         | CBC News: The National    | Raw Nature (N)  |                               | National         |
|          | 500 | 500 | 33  | CNN           | Lou Dobbs Tonight        |                  | Campbell Brown: No Bias                                  |                         | Larry King Live           | Anderson Cooper 360 (HDTV)                            |                               | News             |
|          | 406 | 417 | 27  | net           | World Sport              | Overtime         | Air Racing   |                         | World Combat League       | Sportsnet Connected (Live)                            |                               | Hockey Central   |
|          | 126 | 730 | 28  | RDI           | 24 Heures en 60 minutes  |                  | Grands reportages (SC)                                   |                         | Le Téléjournal (SC)       | RDI en direct sur l'économie                          |                               | Le Téléjournal   |
|          | 400 | 280 | 30  | TSN           | That's Hockey!           | NHL Hockey       | Tampa Bay Lightning at Toronto Maple Leafs (HDTV) (Live) |                         |                           | NHL Hockey: Bruins at Canucks                         |                               | Hockey Talk      |
|          | 410 | 403 | 52  | SCR           | Cabby Unlimit            | Poker - Learn    | World Series of Poker                                    |                         | Poker: Canadian Open      | Score Tonight   |                               | Pilot Guides     |
|          | 411 | 457 | 56  | OLN           | Ed's Up                  | Videos           | Survivor: Costa Rica                                     |                         | Angry Planet              | Flying Doctor   | Which Way to... (N)           |                  |
|          | 417 | 406 | 59  | SC            | Pinks (HDTV)             | Pass Time        | Unique Whips   |                         | Low Life                  | SuperCars   | Super Bikes!                  | Super Bikes!     |
|          | 554 | 544 | 48  | TEL           | Shaggy                   | Ghosts-Scooby    | Ghosts-Scooby  | 6teen                   | Total Drama               | Futurama  | American Dad                  | Robot Chicken    |
|          | 557 | 540 | 51  | FAM           | Wizards-Place            | That's Raven     | Zack & Cody  | Natural-Sadie           | Han, Montana              | Life Derek  | Ned's School                  | Cory in House    |
|          | 551 | 542 | 65  | YTV           | Malcolm-Mid.             | Home Improve.    | Malcolm-Mid.   | Fresh Prince            | Futurama                  | Prank Patrol  | Mystery Hnt.                  | Adrenaline Pro   |
|          | 570 | 580 | 29  | MM            | mmmm                     | Where You At     | Story Of Ozzy Osborne                                    |                         | Listed                    |   | Don't Forget the Lyrics!      | Mystery of Five  |
|          | 615 | 520 | 31  | A&E           | CSI: Miami (HDTV)        |                  | The First 48 (HDTV)                                      |                         | The First 48 (HDTV)       |   | The Rookie                    | The Rookie       |
|          | 628 | 584 | 32  | SPKE          | CSI: NY (HDTV)           |                  | CSI: NY "Sweet 16"                                       |                         | MANswers                  | MANswers  | MANswers                      | MANswers (N)     |
|          | 521 | 560 | 34  | TLC           | That's Gotta Hurt (HDTV) |                  | My Shocking Story  |                         | Mystery Diagnosis (HDTV)  |   | Dr. G: Medical Examiner       | Shocking Story   |
|          | 145 | 761 | 35  | TVS           | Tout une histoire        |                  | Pekin express: la route de l'Himalaya                    |                         | Champ. nature             | Humanima  | Journal TVS                   |                  |
|          | 616 | 521 | 39  | SHO           | About a Girl             | About a Girl     | The Best Years (DVS)                                     |                         | Teetees                   | Trailer Park  | The Shield "Parricide"        | House            |
|          | 620 | 523 | 40  | BVO           | Desperate Housewives     |                  | Live at the Rehearsal Hall                               |                         | Me to We (N)              |   | Ultimate Manilow!             | Law & Order      |
|          | 520 | 505 | 42  | DIS           | Daily Planet (N)         |                  | How It's Made  | How It's Made           | Destroyed                 | Destroyed   | Mighty Ships                  | Daily Planet     |
|          | 575 | 583 | 43  | CMT           | Canada Countdown         |                  | Home Improve.  | Home Improve.           | Reba                      | Reba  | Hope & Faith                  | Hope & Faith     |
|          | 601 | 582 | 45  | SLC           | End of Leash             | ET Canada        | Wedding SOS  | In Laws                 | Rich Bride, Poor Bride    |   | Tori & Dean: Home             | Wedding SOS      |
|          | 624 | 546 | 46  | COM           | Air Force                | Just for Laughs  |  | Corner Gas              | The Simpsons              | South Park  | S. Silverman                  | Fit-Conchords    |
|          | 294 | 529 | 47  | TBS           | House-Payne              | House-Payne      | Dream Makers   |                         | Dream Makers              |   | Steve Harvey                  | Family Guy       |
|          | 600 | 564 | 49  | H&G           | House Hunters            | Property Virgin  | Pure Design  | Style                   | Sarah's House             | Design Inc.   | Colin & Justin's Home Heat    | Holmes-Homes     |
|          | 627 | 528 | 50  | SPC           | Lost                     |                  | Star Trek: Next Gener.                                   |                         | Battlestar Galactica      |   | Rabbit Fall (N)               | The Circuit      |
|          | 581 | 566 | 53  | MTV           | Busted                   | After            | MTV News   | Cribs                   | Paris Hilton's My New BFF |   | Paris Hilton's My New BFF (N) | MTV Live         |
|          | 618 | 524 | 54  | TROP          | Beverly Hills, 90210     |                  | Planet Soap  | What Happen?            | Family Guy                | Seinfeld  | Seinfeld                      | King             |
|          | 522 | 506 | 55  | HIS           | NCIS "Split Decision"    |                  | Outlaw Bikers  |                         | Ac Men                    |   | NCIS "Split Decision"         | Crime Stories    |
|          | 129 | 773 | 60  | CD            | Biographies (HDTV)       |                  | Mayday (HDTV)  |                         | Images-chocs              |   | Un tueur si proche (HDTV)     | Docu-D           |
|          | 261 | 394 | 61  | V             | Murder, She Wrote        |                  | Bless-Father   | On the Buses            | Quantum Leap              |   | Origin-Halloween              | MythQuest        |
|          | 602 | 567 | 62  | W             | Will & Grace             | Friends          | Three Fat Brides   |                         | Style by Jury             | Style by Jury   | How to Look Good Naked        | Maxed Out        |
|          | 269 | 550 | 70  | APTN          | Wings-Canada             | Great Towns      | Wapos Bay  | Rez Rides               | Fish Out of               | Mixed Blessing  | First Nation                  | Rabbit Fall      |
|          | 621 | 527 | 71  | TLK           | The Ellen DeGeneres Show |                  | TMZ (N)  | etalk                   | The Tonight Show-Jay Leno |   | Paris Hilton's My New BFF (N) | TMZ              |
|          | 603 | 561 | 95  | FN            | The Main                 | Chef at Home     | Restaurant Makeover                                      |                         | The F Word (N)            |   | Chef School                   | At the Table     |

## critics'corner

### Rabbit Fall

Small-town police work is supposed to be easy, right? Don't tell that to Tara Wheaton (Andrea Menard), constable of the tiny northern town of Rabbit Fall. When she arrived she rejected the locals' claims that the mysterious deaths and other strange events plaguing the town had a supernatural cause. But as the mystery deepens, she's forced to admit that maybe they're right. The new season, starting now, promises even more weirdness; hold on tight. 10 PM on 50 SPC



### Eli Stone

Jordan (Victor Garber) must defend himself against charges of insanity while Eli (Jonny Lee Miller) pursues a case against lead paint manufacturers that could lead him to the Supreme Court. The two cases plunge the friends into an angry fight with the fate of their entire law firm hanging in the balance. Meanwhile, his father's diary leads Eli to discover that his visions of the future can be altered — but with shockingly unexpected results. 10:02 PM on 20 ABC 6 SHRO



## Celebrity Buzz

# Britney may star in biopic

**MOVIES** Britney Spears is set to star in a movie about her life, femalefirst.co.uk reports.

The pop star will reportedly relive some of the most traumatic events in her life — including her breakdown earlier this year, which saw her lose custody of her two sons Sean Preston, 3, and Jayden James, 2 — for the biopic.

"It will be dark and gritty, charting Britney's devastating falls including her traumatic custody battle for her two children. Let's just say it

will not be for the faint-hearted. But it will also show the highs along her incredible life journey," a source says.

Spears is said to be keen to star in the project.

"If anything, it will be cathartic for Britney. She has been through so much and is finally back to her best," the source added to Britain's Daily Mirror newspaper.

METRO NEWS SERVICES



## Amy undergoes tests

**HEALTH** Singer Amy Winehouse was hospitalized Saturday for tests on her chest and lungs, her London spokesman confirmed to People.

The 25-year-old singer, who was hospitalized in June with a severe lung ailment, had a doctor visit her at home Thursday, People.com reports.

Then, over the weekend, "they wanted to do some tests as a precaution," her spokesman Chris

Goodman said. "Obviously she had lung and chest problems, which she had treatment for not so long ago, so they're just making sure." She was expected to return home yesterday.

Winehouse's father, Mitch, has previously said that the singer's lungs are "all gunked up" from smoking. METRO NEWS SERVICES



## Pink foresees clarity upon turning 30

**PEOPLE** Pink thinks the world will become "clearer" when she turns 30 next year, femalefirst.co.uk reports.

The singer has reportedly learned to control her anger, but thinks her landmark birthday next September will provide her with even more insight into the world.

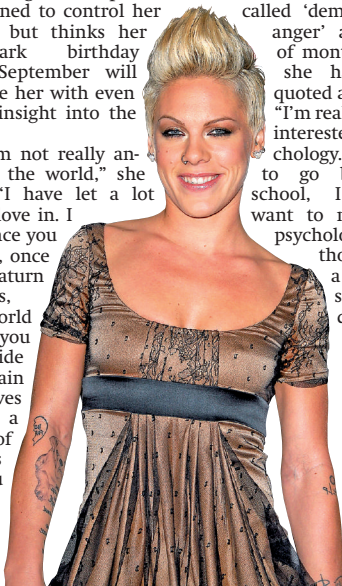
"I am not really angry at the world," she says. "I have let a lot more love in. I feel once you are 30, once your Saturn returns, the world puts you right-side up again and gives you a pair of glasses so you can see everything clearer."

clearer."

Pink recently revealed she has been taking psychology classes to learn where anger comes from.

"I took a class called 'demystifying anger' a couple of months ago," she has been quoted as saying. "I'm really, really interested in psychology. If I were to go back to school, I would want to major in psychology, even though I'm a high-school dropout."

METRO NEWS SERVICES



## Biography links Heath to bipolar disorder

**BOOK** Late actor Heath Ledger may have suffered from bipolar disorder, femalefirst.co.uk reports a new book as claiming.

Ledger was found dead in his New York apartment in January from an accidental overdose of prescription drugs.

Now a new biography of the star, entitled *Heath: A Family's Tale*, reveals his uncle Haydn suffers from the condition, and suggests it might have run in the family.

"I don't mind people knowing I have bipolar disorder, and it's a shame that it took this long to be diagnosed," Haydn reportedly told author Janet Fife-Yeomans.

METRO NEWS SERVICES



## Sparkly spoon for Gwen's baby

**PEOPLE** Gwen Stefani's two-month-old son may soon be enjoying his meals with a \$4,000 US diamond-encrusted spoon, femalefirst.co.uk reports.

The singer, who welcomed her second child with husband Gavin Rossdale, Zuma Nesta Rock, in August, was thrilled when her former bandmates presented her with the impressive piece of cutlery.

"Gwen loves it," a source says. "She would never buy it herself, but that is what makes it so special."

The specially made sterling silver baby spoon is from exclusive jewellers Chrome Hearts.

METRO NEWS SERVICES



### celebrity brief

#### Lindsay hasn't shunned the lads

**PEOPLE** Lindsay Lohan has denied turning her back on men for good despite embarking on a relationship with DJ Samantha Ronson, according to a pal.

The actress, 22, was romantically linked to Ronson when they were spotted kissing and cuddling at a party in Cannes, France, earlier this year, imdb.com reports. But Lohan's friend and celebrity insider Jo Piazza says she still loves men.

"Lindsay says Sam is the only girl she would go for," Piazza reportedly says.

A source adds, "(Lohan) has been telling everyone over and over that she's still into guys. She keeps saying that if anything went wrong with Sam, she would date a guy next."

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### celebrity brief

#### Katy intends to stay grounded

**PEOPLE** Singer Katy Perry insists she has no intention of letting fame go to her head, femalefirst.co.uk reports.

"You have to be really strong-headed to survive in this industry," she says. "If you are going to get into it, lose your vices because they are not something you should have — especially if you are in the public eye. Eat your vegetables, take your vitamins and be discerning about the people that are around you. Know who is a creep and who is not, who is there for the right reasons and who is not there for the right reasons."

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### celebrity brief

#### 'Britney is an amazing artist': Ashley

**PEOPLE** Ashley Tisdale thinks Britney Spears is "amazing," femalefirst.co.uk reports.

The High School Musical star — who plays Sharpay Evans in the Disney movie franchise — doesn't mind the comparisons between herself and Spears, because she admires the singer as an artist.

"I think Britney is an amazing artist and would never put her down," Tisdale says. "She is amazing

at what she does, but to be in the spotlight like that at 16 is hard. I mean, I'm 23 and I'm dealing with it and it's overwhelming."

Tisdale has been in show business for quite awhile. "I always got the food commercials when I was younger because I had the best 'bite and reaction,' where you eat the food and are really excited by it," Tisdale says.

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### celebrity brief

#### Josh, Fergie mull summer wedding

**RELATIONSHIPS** Singer Fergie and actor Josh Duhamel are getting married in June 2009, femalefirst.co.uk reports.

The couple, who have been engaged since last Christmas, have finally started planning their nuptials and are reportedly thinking of a summer ceremony.

"Fergie has just started interviewing wedding planners. She's also working with Chanel designer

Karl Lagerfeld on getting her fantasy gown," a source said.

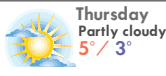
It has also been claimed that Fergie and Duhamel, who dated for three years before getting engaged, refuse to rush into planning because they want every detail to be perfect.

"They are taking their time to get everything right. They only plan on getting married once," the source added.

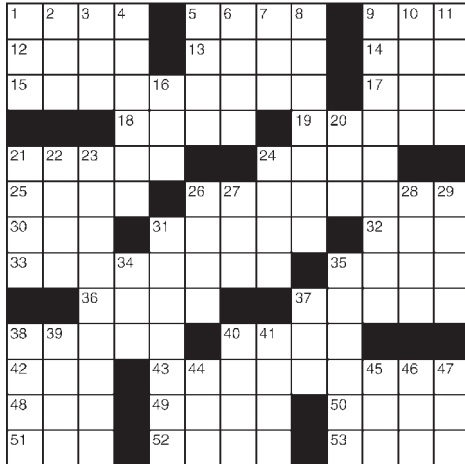
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## Take Five



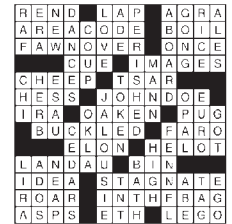
### Crossword across

- 1 Tease  
5 From the beginning  
9 Affliction  
12 Midwestern state  
13 Tardy  
14 Moreover  
15 Ticket booth income  
17 Carpet  
18 Transaction  
19 Poem  
21 Distorted  
24 Verdi opera  
25 Full house, e.g.  
26 Brown-bagger's option  
30 Past  
31 Satan's purchases  
32 As well  
33 Sports-page summary  
35 Jalopy  
36 Predicate word  
37 Borscht ingredients  
38 Tex-Mex recipe  
40 "The Thin Man" dog  
42 Actor Holbrook  
43 Hinge-shelled reptile  
48 Puncturing tool  
49 A Great Lake  
50 Once around the sun  
51 Indivisible  
52 Flavor enhancer  
53 Exile isle

### Crossword down

- 1 Choke  
2 Discoverer's cry  
3 Half-dozen  
4 — cobra  
5 — Romeo  
6 Hammer's target  
7 List-ending abbr.  
8 Cotton plant attackers  
9 Product purchaser, often  
10 Responsibility  
11 Advantage  
16 A mere handful  
20 School's web suffix  
21 Moby Dick's pursuer  
22 Palm starch  
23 Tennessee city  
24 Wheelbase terminus  
26 Nincompoop  
27 "— Town"  
28 Winter garment  
29 Brewery ingredient  
31 Journalists  
34 Choice (Abbr.)  
35 Call for attention  
37 A/C meas.  
38 Secretary of labor under G.W. Bush  
39 Actress Goldie  
40 Botanical angle  
41 Undo a dele  
44 — pro nobis  
45 Aviv lead-in  
46 Retriever type  
47 Geological period

### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 7 | 9 | 8 | 6 | 1 | 5 | 2 | 4 |
| 2 | 4 | 6 | 9 | 7 | 5 | 3 | 1 | 8 |
| 5 | 8 | 1 | 3 | 2 | 4 | 9 | 6 | 7 |
| 6 | 1 | 8 | 2 | 9 | 7 | 4 | 3 | 5 |
| 9 | 3 | 4 | 1 | 5 | 6 | 8 | 7 | 2 |
| 7 | 5 | 2 | 4 | 8 | 3 | 1 | 9 | 6 |
| 1 | 2 | 7 | 5 | 3 | 8 | 6 | 4 | 9 |
| 4 | 9 | 5 | 6 | 1 | 2 | 7 | 8 | 3 |
| 8 | 6 | 3 | 7 | 4 | 9 | 2 | 5 | 1 |

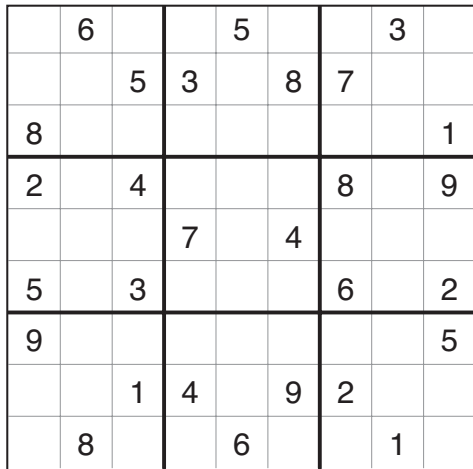
Find today's answers + play more games at metronews.ca

### SUDOKU SOLVE TIME:

- Under 13 min .....Genius  
13-17 min .....Scholar  
17-21 min .....Smart  
21-25 min .....Not bad  
25+ min .....Keep practising

### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### Recipe of the day



### Spicy Steak with Garlic Toast

#### INGREDIENTS:

- 2 tsp (10 mL) ground cumin  
1 1/2 tsp (7 mL) chili powder  
3/4 tsp (4 mL) oregano  
1/2 tsp black pepper  
2/3 cup (150 mL) spicy tomato-vegetable juice  
4 tbsp (60 mL) freshly squeezed lime juice  
2 cups (500 mL) frozen corn, thawed  
2 green onions, thinly sliced  
1 small red pepper, seeded and diced  
12 oz (370 g) well-trimmed flank steak  
1 loaf Italian bread, halved horizontally, then halved crosswise  
1 clove garlic, peeled and halved

#### METHOD:

1. Stir together cumin, chili powder, oregano and black pepper in a small bowl. Place tomato-vegetable juice and lime juice in a measuring cup. Measure out 2 1/2 tsp (12 mL) of spice mixture and stir into the tomato-lime juice mixture.  
2. Combine corn, green onions, red pepper and 1/2 cup (125 mL) of tomato-lime juice mixture in a

medium bowl. Stir to combine. Refrigerate until serving time.

3. Preheat broiler. Rub remaining spice mixture onto both sides of steak. Broil steak 3 inches (8 cm) from heat until medium-rare, about 4 minutes per side. Remove steak but leave the broiler on. Let steak stand for 10 minutes before thinly slicing across the grain, on the diagonal.  
4. Place bread under the broiler, cut side up, until lightly toasted, about 30 seconds. Rub toasted side of bread with cut garlic and with the remaining tomato-lime juice mixture and cook until lightly browned, about 1 minute. Serve steak with corn relish and toast.

#### PER SERVING

376 calories, 27 g protein, 9 g total fat, 3 g saturated fat, 46 mg carbohydrate, 5 g fibre, 441 mg sodium

#### SERVES 4



### Horoscopes

#### ARIES

**MARCH 21-APRIL 20**  
Find a way to get out of tedious plans. Concoct a temporary solution to a problem. Let a deceptive person walk into a trap.

#### LIBRA

**SEPT 23-OCT 23**  
You'll make some good points in a conversation. Don't waste a chance to discuss your work. An apathetic speech gets a senior in trouble.

#### TAURUS

**APRIL 21-MAY 21**  
A serious person gets too pushy. Someone fantasizes about excellent money ideas. A thrilling predicament looks scandalous to others.

#### SCORPIO

**OCT 24-NOV 22**  
Don't refuse to admit to being at a disadvantage. A mysterious incident leads to pandemonium. Your goals are closer to being realized.

#### GEMINI

**MAY 22-JUNE 21**  
A hotshot's approach to a crisis wins allies. Feel the heat of a friend's obsession. An authority figure's indecision gets irritating.

#### SAGITTARIUS

**NOV 23-DEC 21**  
A man rationalizes his prolonged hostility. A silly oddball is on the way to success. Don't try to please a demanding co-worker.

#### CANCER

**JUNE 22-JULY 22**  
A cruel woman demands hard answers. Pick up the pieces and rebuild broken things. A guilty brute makes tracks for parts unknown.

#### CAPRICORN

**DEC 22-JAN 20**  
A youngster remains emotionally detached. Respond to a threat by refusing to be bullied. A confused person asks for direction.

#### LEO

**JULY 23-AUG 23**  
A good luck charm will cause surprises. Help out an anxious person and be reliable in a crisis. Someone else's stuff gives you an idea.

#### AQUARIUS

**JAN 21-FEB 18**  
A mystical friend gives you the solution to a dilemma. You'll feel an evolution of consciousness. Your best friend has news about a forbidden activity.

#### VIRGO

**AUG 24-SEPT 22**  
A handyman makes an error with helpful hints. A flaky friend is dramatic and time-consuming. A secret is tormenting someone's conscience.

#### PISCES

**FEB 19-MARCH 20**  
An irritating woman will grate on your nerves. Resolve to make crucial changes. A relationship causes a career to be put on hold.

### This day in history

OCT. 28, 1636: A vote of the Great and General Court of the Massachusetts Bay Colony establishes the first college in what would become the United States, today known as Harvard University.  
OCT. 28, 1886: In New York Harbor, President Grover Cleveland dedicates the Statue of Liberty.  
OCT. 28, 1929: Black Monday, a day in the Wall Street Crash of 1929, which also saw major stock market upheaval.  
OCT. 28, 1948: Swiss chemist Paul Müller is awarded the Nobel Prize in Chemistry for his discovery of the insecticidal properties of DDT.

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### WORDY GURDY

BY TRICKY RICKY KAKE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. U.S. Uncle's pork entrées (1)
2. Unadorned walking stick (1)
3. Puniest piglet's daredevil jobs (1)
4. Felt nostalgia about composer Franz (1)
5. Farm vehicle variable (2)
6. More bewhiskered dog like a Scottie (3)
7. Good, decent guy's "monkey" tools (2)

ANSWERS: 1. HAM HAMS 2. PORK PORKS 3. PIG PIGS 4. FET FETS 5. TRACTOR TRACTOR 6. HAIRIER HAIRIER 7. MONKEY MONKEYS



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